



### Choose MyPlate Printable Coloring Pages

Are you doing a nutrition lesson about the different food groups and need an activity to enforce the lesson? Go to [www.choosemyplate.gov/sites/default/files/printablematerials/ColoringSheet.pdf](http://www.choosemyplate.gov/sites/default/files/printablematerials/ColoringSheet.pdf) for a USDA Choose MyPlate printable coloring page. Children can color their sections of the plate to look just like MyPlate or they could even draw a picture of a food that belongs to each food group on their MyPlate coloring page.

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### Encourage Healthful Foods

Are you looking for some tips for encouraging young children to try healthful foods? USDA Team Nutrition has released a new supplemental resource to the *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* that focuses on encouraging healthful foods. *Supplement C: Encourage Healthful Foods* includes tips for addressing common child care provider concerns and challenges including:

- How can I spark children's interest in food?

- How can I get children to try new foods?

- How can I get children to eat healthful foods?

To read this valuable Team Nutrition resource visit [www.fns.usda.gov/sites/default/files/tn/nutritionwellness\\_supplementC.pdf](http://www.fns.usda.gov/sites/default/files/tn/nutritionwellness_supplementC.pdf)

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### Let's Talk Trash

Although talking about trash sounds like something Oscar the Grouch would be doing, it's actually USDA talking about it! USDA has recently released a two page resource with interesting facts about wasted food and tips for reducing the amount of wasted food. Check out this great resource for practical tips to use within your own school or share this resource with students help them focus on reducing wasted food at home. The *Let's Talk Trash* resource is available at this link: [www.choosemyplate.gov/sites/default/files/printablematerials/2015-LetsTalkTrash-2page.pdf](http://www.choosemyplate.gov/sites/default/files/printablematerials/2015-LetsTalkTrash-2page.pdf)



## **Food Safety during Purchasing and Receiving**

The 8 steps in the foodservice process are purchasing, receiving, storing, preparing, cooking, serving and holding, cooling, and reheating. Foods must be properly handled in each step to help prevent a foodborne illness. In this newsletter we will look at preventing foodborne illness in the first two steps of the foodservice process: purchasing and receiving.

### Purchasing:

If you purchase from a foodservice vendor:

Buy from a reputable vendor.

Include food safety standards in your purchasing agreement with your vendor.

If you purchase food at a local grocery store:

Choose canned foods that do not have dents, cracks, rust, or bulging lids.

Purchase frozen and refrigerated foods last, especially meat and poultry products.

Keep packages of raw meat and poultry away from foods that will be eaten without cooking, like fruits and vegetables.

### Receiving:

If a vendor delivers your food to your school:

Inspect the delivery truck. Make sure it is clean and free of odors.

Check food temperatures of delivered foods. Refrigerated products should be 33°-40°F. Frozen foods should be at or below 0°F.

Look for signs of contamination and container damage. Reject these packages because the foods in the packages may be contaminated or damaged.

Have clean carts available in the receiving area so you can put the delivery away quickly.

Put food away immediately. Foods that require refrigeration should be put away first. Next put the frozen foods away. Put your pantry items away last.

If transporting food you purchased from the grocery store:

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# Breast Milk

Label each container with child's name, contents, date, and time the breast milk was received.

Refrigerate or freeze promptly.

Use within two weeks, if frozen.

Thaw frozen breast milk by placing container under cool running water.

Use breast milk within 24 hours after thawing.

Warm bottle in warm water.

Throw away breast milk left in a bottle after a feeding.



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## National CACFP Week: Passport to Adventure

The National CACFP week is a week set aside to make special efforts to publicize how important the Child and Adult Care Food Program (CACFP) is in creating healthy eating habits in young children and combating hunger in children and adults. Mark your calendars for this year's National CACFP Week which is March 13-19, 2016. This year's theme is CACFP & Me: Passport to Adventure.

A toolkit and promotional material will be available soon at [www.cacfp.org/news-events-conferences/national-cacfp-week/](http://www.cacfp.org/news-events-conferences/national-cacfp-week/).

Here are some ideas to get you started with your planning today!

Begin to focus on the National CACFP Week theme, Passport to Adventure, when menu planning. Consider serving a new entrée, fruit, or vegetable. Explain to the children the origin of the new food. For example, fried rice is a commonly eaten food in several parts of Asia.

Talk with the children about your menu in relation to MyPlate. Were the recommended serving sizes met for the meal?

Promote National CACFP Week and enter to win! Whether you are a sponsoring agency or a provider, begin promoting National CACFP Week and then share what you did. Contest rules and details are available at [www.cacfp.org/files/2714/4952/2285/2016\\_National\\_CACFP\\_Week\\_Operation\\_Proclamation.pdf](http://www.cacfp.org/files/2714/4952/2285/2016_National_CACFP_Week_Operation_Proclamation.pdf).



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## Questions about Food Storage? There's an App for That!

Have you ever wondered what the storage timeline was for a specific food item, perhaps eggs or meat? USDA, Cornell University, and the Food Marketing Institute recently released a new app called the FoodKeeper. This app can provide you with specific storing guidelines of foods, cooking tips, and even sends you a notification when a food is nearing the end of its storage date. The app also has the "Ask Karen" feature which allows you to submit a question. The app is available for Android and Apple devices.

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## Produce: What's in Season?

Are you looking for a way to stretch your food budget while still offering tasty fruits and vegetables? Fruits and vegetables are more affordable when purchased in season and are often better quality too. Some examples of produce that is in season during the winter months are oranges, sweet potatoes, grapefruit, potatoes, pears, and winter squash. Be sure to check out USDA Team Nutrition's *What's in Season* page at <http://healthymeals.nal.usda.gov/features-month/whats-season>. Here you will find the complete list of fruits and vegetables that are in season throughout the year. Plus you can click on the food to get recipes, fact sheets, posters, and more!

Here's a tasty recipe for Roasted Butternut Squash, a vegetable that is in season in the fall and winter.

## Roasted Butternut Squash - 12 Servings

Ingredients	Measure	Directions
Butternut squash, average size (use local produce, if available) or Fresh winter squash peeled, seeded, and cut into large cubes or Frozen winter squash peeled, seeded, and cubed	5 lb.	Preheat oven to 350°F.  If not already prepared, remove seeds from squash and cut into lengthwise quarters or into large cubes.  Place squash onto baking sheet that has been lightly coated with non-stick cooking spray or lined with parchment paper.
Cinnamon or Allspice	½ tsp.	
Salt	½ Tbsp.	
Black pepper, ground	½ tsp.	In a small bowl mix together cinnamon or allspice, salt, and pepper.
Spray oil, or water spray	as needed	Mist squash with water or cooking spray and dust each with mixed spices.  Bake squash 30-40 minutes until tender.

½ serving provides ½ cup red/orange vegetable.

Adapted from: [www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf](http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf)

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